

Treatment Plan

DATE:

4th July 2025

NAME

Michael Newby

DURATION

4 weeks

OBJECTIVE

Stress adaption, reduce blood pressure, liver detox and repair. Increase antioxidant protection.

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Cardio – H	Mix together	1 scoop				1 scoop			
NAC		1 scoop				1 scoop			
Ubiquinol 150mg		1							

DIET & LIFESTYLE

Mediterranean Diet. Focus on lower carbohydrates, good clean protein with good fats and variety of different colored lower starch veg like leafy greens, capsicum, yellow squash, green beans, zucchini, asparagus, broccoli, cauliflower.

Mild exercise 5/7 times a week, walking is ideal

Record Blood Pressure twice daily AM and PM

NEXT APPOINTMENT

Reassess in 4 weeks